

# MARCH BATHROOM BANTER

## VIRGIN PULSE INFORMATION Spring Forward into a New Season

My oh my, time is fleeting!

Spring Forward is on March 13, 2022. Many of us might feel some fatigue with the time change but with Virgin Pulse's Sleep Guide you are able to find habits that help you optimize your sleep schedule.



There is an opportunity for **DOUBLE POINTS** March 13-19.



Don't forget that Quarter 2 is coming to an end on March 31st but you still have time to earn Pulse Points by practicing healthy habits through the VP mobile app.

## NATIONAL NUTRITION MONTH March 2022

But it shouldn't be the only month that we focus on nutrition. Healthy eating starts with healthy food choices and you don't need to be a chef to create nutritious, heart-healthy meals your family will love.

Get started today.

## COSAWELL CHALLENGE

**Luck of the Irish?**

There is a scavenger hunt in this BB. The goal is to count ALL the shamrocks. The first 5 COSA employees who provide the correct number of shamrocks to COSAWell will win a COSAWell prize pack! Submit your answers via email to [wellness@sanantonio.gov](mailto:wellness@sanantonio.gov). May you find the treasure that awaits, and best of luck to you all!

# COSAWell

## WELLNESS WORKSHOP Health at Every Size: A Fresh Approach to Healthy Eating for Every Body



Health at Every Size is a movement that recognizes the complex web of factors that influence health outcomes and supports people of all sizes in adopting healthy behaviors. It is an inclusive movement, recognizing that our social characteristics, such as our size, race, national origin, sexuality, gender, disability status, and other attributes, are assets, and acknowledges and challenges the structural and systemic forces that impinge on living well.

Anna Macnak is a registered dietitian who serves as the program manager for the Healthy Neighborhoods program for the San Antonio Metropolitan Health Department (SAMHD). Anna will introduce some fresh ways of thinking that will challenge the diet culture norms and entice participants to adopt healthy habits out of love for health rather than fear of disease.

WEDNESDAY  
MARCH 16  
1-2 PM

Sign up  
Today!



# WELLNESS[AT]SANANTONIO.GOV

## HEALTHY RECIPE Chicken Tacos w/Avocado Salad

• SERVING SIZE| 4 •



### Ingredients

- 1 1/4 lbs chicken thighs
- 1 cup jarred salsa
- Juice of 2 limes, wedges for serving
- 1/4 cup vegetable oil
- 1/4 cup sour cream
- 1 bunch cilantro, leaves chopped (about 3/4 cup)
- Kosher salt & freshly ground pepper
- 1 14-ounce can hearts of palm, drained & sliced 1/2 inch thick
- 1 avocado, chopped
- 6 radishes, thinly sliced
- 16 corn tortilla
- Shredded lettuce and/or diced onion

### Directions

1. Toss the chicken with 1/2 cup salsa, the juice of 1 lime and 1 tbsp vegetable oil in a large bowl; let marinate for 10 minutes. Mix remaining 1/2 cup salsa, sour cream and 2 tbsp cilantro in a small bowl; season with salt and pepper. Cover and refrigerate. Toss the hearts of palm, avocado, radishes, remaining cilantro, 1 tbsp vegetable oil and juice of the remaining lime in a medium bowl; season with salt and pepper.
2. Heat 2 tbsp vegetable oil in a large cast-iron skillet or grill pan over medium-high heat. Add chicken along with the marinade & cook through, about 7 minutes per side. Transfer to a cutting board and chop; season with salt.
3. Warm tortillas, fill with the chicken, salsa-sour cream mixture and lettuce and/or red onion. Serve w/the avocado salad and lime.